

Module 2 Project

Section 1: (30 points)

Think back to the physical education programs you were exposed to during your K-12 years of school. Select one of those programs (primary, elementary, middle, high) and respond to the following questions based on that specific physical education program.

1. Who was your physical education teacher? **Nicholas Wells**
2. What was the name of the school you attended? **McNair Jr. High School**
3. Where was your school located (city, state)? **Huntsville, Alabama**

In Chapter 6 of your reading, you will see eight different physical education curriculum models. After reading the specifics of each model, select the model that you think most closely aligns with the physical education program you selected above and describe why. List the name of the physical education model you selected and give specifics of that model and tell how that is like the physical education program you selected above.

Your response should be written in paragraph form and have at least 150 words. (30 points) - **Games-Based Approach Model is the physical education model I selected because (Coach Wells) always made us play interesting games that taught us all about life lessons, and different ways to approach situations.**

Section 2: (20 points)

There are many occupations/professions in the area of management in sport, fitness, health, and physical education. They include physical education teacher, athletic coach, athletic trainer, athletic director, athlete development specialist, fitness instructor, recreation director, YMCA director, marketing director, sports facility operations manager, sport/athlete agent, compliance officer, game day/special events coordinator, corporate wellness managers, and many more!

Please select an occupation/profession in this field that you have a personal interest in. It can be from the list above, or it can be another sports management job that is not listed. Research and respond with the following information.

1. **Title of Occupation: Athlete Development Specialist**
2. **Qualifications: A bachelor's degree in sports management, kinesiology, exercise science, sports psychology, or a related field. A master's degree is often preferred for those looking to advance in the field.**
 - **Certifications:**
 - **Certified Strength and Conditioning Specialist (CSCS) from the National Strength and Conditioning Association (NSCA).**

- **Certified Personal Trainer (CPT)** may be required.
- **First aid and CPR** certifications are often necessary.
- **Additional certifications** in sports psychology, leadership, or coaching can enhance qualifications.
- **Experience:** Previous experience working in sports, coaching, fitness, or athletic training is highly valuable. Internship or volunteer experience with sports teams or athlete development programs is often required.
- **Skills:** Strong communication and interpersonal skills, ability to motivate athletes, knowledge of sports training principles, understanding of injury prevention and rehabilitation, leadership skills, and the ability to assess athlete performance.
- **Job Description:** An Athlete Development Specialist focuses on helping athletes at all levels (from amateur to professional) reach their full potential through tailored training, mental conditioning, performance analysis, and skill development. This role combines physical training with elements of psychology, ensuring that athletes are prepared mentally and physically to succeed in their sport. The goal is to enhance both the physical abilities and the mindset of athletes, contributing to their overall development, performance improvement, and career longevity.

Job Responsibilities:

- **Performance Assessment:** Evaluate athletes' strengths and weaknesses using various testing and performance metrics, including physical fitness tests and psychological evaluations.
- **Training Program Design:** Create individualized training programs that address specific needs, focusing on strength, endurance, flexibility, agility, and sport-specific skills.
- **Coaching and Mentoring:** Provide support and guidance to athletes, including mental coaching, nutrition advice, and emotional support to help them manage the pressures of competition.
- **Collaboration:** Work alongside coaches, athletic trainers, sports psychologists, and other specialists to ensure an integrated approach to athlete development.
- **Injury Prevention:** Incorporate injury prevention strategies into training programs and work with medical staff to help athletes recover from injuries.
- **Data Analysis:** Track the progress of athletes through data analysis, making adjustments to their programs as necessary.
- **Talent Identification:** Help identify emerging talent and develop appropriate training to support athletes through different stages of their careers.
- **Career Transition Support:** Assist athletes with the transition from competitive sports to post-competition careers, which may include job training, education, or life skills development.

Salary Range:

- The salary range for an Athlete Development Specialist can vary depending on experience, location, and the level of competition the athletes are involved in. On average:

- **Entry level: \$40,000 to \$50,000 per year.**
- **Mid-career: \$50,000 to \$75,000 per year.**
- **Experienced/Senior level: \$75,000 to \$100,000 per year.**